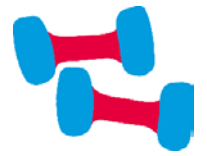


Home Workout Generator



It is recommended that after 30 minutes of sitting you should get up and move your body. When you are sitting down completing any school work, set a timer and complete this activity every 30 minutes.

Method

1. Roll three dice and complete the following table (try not to use a calculator).

HINT: If you don't have a dice you can access the virtual dice at <https://www.random.org/dice/>

Exercise order	First dice	Multiplied by	Second dice	Equals	Seconds of	Third dice
1		×			seconds of	
2		×			seconds of	
3		×			seconds of	
4		×			seconds of	
5		×			seconds of	
6		×			seconds of	

2. Choose 11 of your favourite songs and record below.

3. Once you have generated your workout roll two dice to generate your workout tune.

E.g. if the answer is 8 then play the song you wrote next to the number 8 in the table above.

First dice	Plus	Second dice	Equals
	+		